


every calorie counts



Chaz
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>
2008-01-24 11:57:00

MOOD: 😊 bouncy

MUSIC: Black Rebel Motorcycle Club - Took Out A Loan

mmm. Sleep.

I like to sleep recreationally, when I can. It's cheap, low-environmental-impact, and leaves you full of bouncy for doing other things. Good news all around!

So I slept in a little bit (I won't say late, because it was still morning when I got up) and had the leftover oatmeal from last night's dinner for breakfast. What, you say? Leftover oatmeal? You've never heard of such a thing?

Well, let me enlighten you.

When I was a poor college student (as opposed to the poor civil servant I am now), I got really good at eating cheaply and eking every possible calorie out of everything I bought. So I would make giant pots of oatmeal--with raisins and walnuts, if I was feeling flush--and eat half one day and the other half the next. Except cold oatmeal is disgusting, and it doesn't reheat, so what can you do with it to make it edible again?

Well, my simple solution to making almost anything more palatable is to fry it in butter. So what I started doing was forming the oatmeal into little cakes, the size of a big crab cake, and frying them on both sides. You can use butter or salvaged animal fat (as long as it's not too flavored with curing agents or savory seasonings), or even oil or margarine, in a pinch. Then, when you've done that, you put the oatmeal in your bowl and you dump a sliced apple or two into the skillet you just used to fry the oatmeal cake. Add a little more fat, whatever seasonings you have on hand that seem like they would be tasty, and a squeeze of lemon or lime. Brown sugar or honey or maple syrup, for sweetness.

Sautee the apples until they become soft and syrupy and begin to caramelize, and dump them over the oatmeal.

Go eat before it gets cold.

I also made cheap coffeemaker chai this morning, which is when you dump the teabags and whatever spices seem like a good idea (I used fresh ginger, cloves, cardamom, nutmeg, allspice, cinnamon, vanilla, and star anise) into the basket of your coffeemaker and run some hot water through it. No, I know, it's not real tea, because the water's not boiling and the tea is, well, a brand that will not be named that comes with little ceramic animals in the box, but if you have a whole bunch of cheap teabags somebody gave you, it's actually an okay way to use them up, because the less-than-boiling water means the (cheap) tea doesn't brew too bitter, and the spices cover the taste.

And now, I'd go back to bed, but I have to do laundry.

I know, but I still hate to waste stuff. And it's spicy caffeine!

TAGS: [recipes](#)



[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

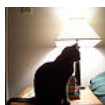
[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets.](#)

[Puppets. Poppet](#)
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21 comments



[txanne](#)

[January 24 2008, 17:49:11 UTC](#)

[COLLAPSE](#)

There's tea that comes with Cracker Jack prizes?

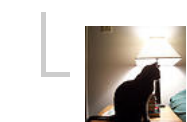


[cvillette](#)

[January 24 2008, 20:39:09 UTC](#)

[COLLAPSE](#)

Does Cracker Jack come with Cracker Jack prizes anymore?




[txanne](#)

[January 24 2008, 20:57:16 UTC](#)

[COLLAPSE](#)

Now that you mention it...probably not. (O tempera! O mores!)



 [inaurolillium](#)

[January 25 2008, 00:28:21 UTC](#) [COLLAPSE](#)

In fact, it does. I had to go check the Cracker Jack site to be sure, but it still does. They're probably way crappier than they were when I was a kid, though.



 [Ometochtli](#)

[January 24 2008, 20:36:39 UTC](#) [COLLAPSE](#)

Also listening to Black Rebel Motorcycle Club. On accounta that opening-for-A-Place-to-Bury-Strangers thing, possibly.

But doesn't that make your cheap weird tea taste like coffee?



 [cvillette](#)

[January 24 2008, 20:37:59 UTC](#) [COLLAPSE](#)

I did not need a reason to maybe go to that concert.

Nah, because you wash the coffeemaker first.



 [Ometochtli](#)

[January 24 2008, 20:50:28 UTC](#) [COLLAPSE](#)

Of course you didn't.

I drink cooooooooooooooooooooooofeeeeeeeeee, so the taste of the tea is {shrug} for me. But I know people who say make-tea-in-coffeemaker = eviscerating kittens, and that it poisons their lovely tea with eevil coffee esters even if you wash the pot. So, y'know, just for sake of my personal infinite wisdom.



 [cvillette](#)

[January 24 2008, 20:52:59 UTC](#) [COLLAPSE](#)

"I like coffee and I like tea, so I know whatever the waitress brings, I will drink it up."

Glass does not absorb esters. Plastic does, but life is full of misery and despair. The real problem is that coffeemakers don't get water hot enough for black tea. It has to be boiiiiiling.


But since the point is to minimize the flavor of bad tea....

 [eljefe](#)

[January 24 2008, 22:04:33 UTC](#) [COLLAPSE](#)

I recently switched from coffee to tea at work. Mostly because bad tea tastes better than bad coffee. But it took about a week of use after being washed to get the coffee flavor out of my travel mug.



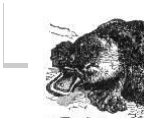
 [trollcatz](#)

[January 24 2008, 20:38:55 UTC](#) [COLLAPSE](#)

Oatmeal sauteed in butter. That sounds weird.

And really tasty.

I wish I'd known you when I was a starving student.



 [cvillette](#)


[January 24 2008, 20:45:39 UTC](#) [COLLAPSE](#)

We could have starved together.

Except for the part where when you were a starving student, I was ten, and a proud client of Clark County DFS.

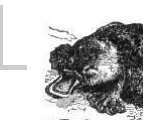
You know, come to think of it, I also wish I had known you then.



 [trollcatz](#)

[January 24 2008, 20:54:52 UTC](#) [COLLAPSE](#)

I'd have given you my dining hall pass, and you could have done my calculus assignments. *g*




 [cvillette](#)

[January 24 2008, 20:55:59 UTC](#) [COLLAPSE](#)

Match made in heaven. Except then you would have flunked the tests.



 [trollcatz](#)

[January 24 2008, 21:06:56 UTC](#) [COLLAPSE](#)

Guy, *reality*! Eeeeuuw!

So tell me again why I didn't request comp today? Dad is nervous and can't settle to anything, and is making work for everybody. Mom is ignoring him. Duke is fine-toothing reports from Dade County at the request of, well, Dade County, and is all Splendid Isolation. And I am about to set up half-a-dozen razor-wire chat-ups for next week, woohoo! 8>P

After that, I go meet T. Update on bheer: better you not wait up for us. If that changes, I'll txt you. Set phone to vibrate. ;>)



 [cvillette](#)



[January 24 2008, 21:09:25 UTC](#) [COLLAPSE](#)

Um. Okay.

I hope what you are doing is a fun thing.

You're doing interviews now? Woohoo!



I think I'll just sit home and eat casserole.

  [trollcatz](#)
[January 24 2008, 21:46:39 UTC](#) [COLLAPSE](#)

Not fun, but not doomful, either. Minor procedure, but someone else is supposed to drive. She may want bheer after, given my Indomitable Sweetie.

Interviews, woohoo! and also, eeeuw! but ultimately, woohoo! (Have you done these?)



Go shoot things or something, dude. (Though given your casserole, not exactly an unsatisfying evening...)

  [cvillette](#)
[January 24 2008, 21:49:18 UTC](#) [COLLAPSE](#)

I already shot things.

I have done interviews, but mostly supervised. Dad is either sure the bad guys are going to eat me, or vice versa. Well, if you want bheer after all, gimme a yell. I will be here. I could even bring bheer to your place, and she could have bheer at home.



I don't suggest this only because the Danger Mouse DVDs are at your place.

  [trollcatz](#)
[January 24 2008, 22:20:02 UTC](#) [COLLAPSE](#)

Bheer can come to the ~~mountain~~ mouse--hey, there's a concept! I'll consult T. after.


Yeah, I think Dad is still road-testing me. I keep expecting he'll reveal afterward that it was all a setup and I got a C+. On the other hand, interesting bunch, so even if it is, it'll be educational for me if not for anyone else.

How'd the shooty bit go? Or should we stick to discussing wall?

  [cvillette](#)
[January 24 2008, 22:21:53 UTC](#) [COLLAPSE](#)

Let's just say that you still want me at the front of the group. :-P

Carnegie Hall, right?

 [eljefe](#)
[January 24 2008, 22:59:46 UTC](#) [COLLAPSE](#)

Time to go to Toys-R-Us. . . .

grin



 cvillette

January 25 2008, 00:37:45 UTC

COLLAPSE

nerf...skeet.

[locked] Dream Journal

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